



### **Hair Mineral Analysis**

1. Wash hair; take sample between 4-24 hours after washing. Avoid pools and heavy sweating between washing and the cutting of the hair.
2. Cut hair that is next to scalp. Feel free to use hair along back scalp line to prevent problems with hairline.
3. Take area from different areas of the scalp.
4. Use stainless steel scissors. Aluminum, rusting or peeling scissors can contaminate the results.
5. Cut pieces that are 1 to 1.5 inches, starting at the scalp (i.e. the base of the hair, not the ends). Keep only hair that is 1 to 1.5 inches close to scalp. Cut off the rest of the hair and discard.
6. Weigh hair on scale provided. This ensures that you have cut enough hair.